

BE A FOODSMITHS REWARDS CUSTONER!

Foodsmiths' Customer Rewards Program makes it easy to earn and redeem points fast!

You get 1 point for every \$1 you spend!! Receive a \$10 reward for every 500 points you earn!



THIS WEEK AND EVERY WEEK IN OUR FLYER: SEE THIS SIGN AND EARN EXTRA REWARD POINTS ON SELECT ITEMS

GET REWARDED *FASTER* BY SHOPPING EXTRA POINTS DEALS IN OUR FLYER EVERY WEEK!

YOUR NEIGHBOURS SHOP HERE! AND GET REWARDED!



PRICES IN EFFECT THU MAY 9 - THU MAY 16 UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. PRICES SUBJECT TO CHANGE WITHOUT NOTICE. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.

THIS WEEK'S GARDEN FRESH PRODUCE TOP PICKS





PREMIUM QUALITY CERTIFIED ORGANIC

170 G

FRESH ORGANIC

BLUEBERRIES

PRODUCT OF MEXICO/USA

PREMIUM QUALITY **SMALL BUNCH** BASIL PRODUCT OF COLOMBIA SAVE \$1:01 98 / EACH PREMIUM QUALITY **RED ONIONS** PRODUCT OF USA SAVE \$1.01



PREMIUM QUALITY CERTIFIED ORGANIC **SWEET NANTES** CARROTS 1 LB

PRODUCT OF MEXICO



EACH

PREMIUM QUALITY **FRESH SWEET** SEEDLESS **MINI WATERMELON**

OR \$3.98 EACH

PRODUCT OF USA

EACH

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THIS WEEK'S GARDEN FRESH PRODUCE

12

ONTARIO

FRESH

*





RAVENSBERGEN PREMIUM OUALITY ONTARIO GROWN **10" HANGING MILLION BELL** PANSIES

PRODUCT OF SMITHVILLE **ONTARIO**

PREMIUM OUALITY ONTARIO GROWN BOUQUET GERBERA **ONTARIO** DAISIES FRESH! PRODUCT OF ONTARIO \Rightarrow

PRICE

EACH

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EVERYDAY PRICE



HAPPY MOTHER'S ALL BRANDS **IN OUR BULK** DAY 🗸 DIFFUSERS, DARK CHOCOLATE **GLOBES** & **GINGER FOUNTAINS** ASSORTED STYLES

0

(

CANADA

CANADA

GOAL

HAPPY

MOTHER'S

DAY 🔰

ROCK HARBOUR

WILD COD BURGERS BURGERS DE MORUE

OFF

SAUG

ROCK HARBOUR

WILD COD

BURGERS

mom

4 PACK



IN OUR BULK

MILK CHOCOLATE

ALMONDS

PER 100 G

CANADA





SERVING / EACH SAVE \$2

SYLVIA'S 4TH LINE FLORALS LOCALLY GROWN FRESH MOTHER'S DAY BOUQUETS PRODUCTOFLANARKCOUNTY, **ONTARIO**

0 OR \$13.98 EA MB

2-DAY 2 DAYS OF BIG SUPER 2 DAYS OF BIG

UGS YOUR FEFT

ARCH SUPPORT • DEEP HEEL CUP • SHOCK ABSORBING • LONG-LASTING • SUPER COMFORTABLE

IN OUR HOUSEWARES 'SPECIALLY FOR MOM... MATCHY MATCH MUG/DISHTOWEL SETS OR PRETTY STEMLESS GOBLETS

HAPPY MOTHER'S

arements and a Hank

> > HAPPY MOTHER'S

DAY 🔰

DAY 🖌

TELIC

TEROX

STYLES

SANDALS

SLIDES, FLIP FLOPS

Z-STRAP, BOISE

THIS WEEK'S TOP PICKS!



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FRESH DEALS THROUGHOUT THE STORE



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CONTESTS IN THE STORE!





FILL OUT A BALLOT IN STORE

FOODSMITHS MAY BYOB STEWART PARK FESTIVAL

One Weekend. Endless Possibilities.

The Stewart Park Festival is a great celebration of community. It offers a fantastic weekend of music, great food and amazing vendors, right in the heart of downtown Perth Ontario.

The Festival is a three day, by donation music festival, that showcases International and Canadian artists.

For every transaction at our cash, Foodsmiths donates 5¢ to our monthly charity, plus all net proceeds from paper and reusable bag sales are donated to our monthly charity, too!

THANK YOU FOR HELPING SUPPORT THIS IMPORTANT EVENT



JULY 19-21, 2024

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CHOOSE YOUR BEANS GRIND THEM TO PERFECTION AT OUR COFFEE MILL



MOTHERHOOD.

POWERED BY

FUELED BY

COFFEE



SPRING SEASONAL BLEND LOCALLY ROASTED COFFEE MEDIUM ROAST PER 100G

This Spring Seasonal blend is back. Colombian Honduran blend gives off notes of rich honey, bright citrus & delicious demerara sugar. This coffee is the perfect sip of spring!



CRANK

ORGANI

COFFEE

WELCOME TO THE WEEKEND! FREE COFFEE SATURDAY and SUNDAY

odsmi

100%

COMPOSTABL

/ 100G

SAVE 50¢



FLUID

COFFEE

MONDAY-FRIDAY

OUR FRESH

BREWED

COFFEE IS

NOW JUST

Feedsmiths

ENJOY A COFFEE

AND MUFFIN FOR



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Gift Mom a beautiful mug with a matching tea towel this Mothers day.







STEMLESS WINE GLASSES

Find the perfect stemless wine glass for your mom right here in Foodsmiths housewares section.

Save

DURING OUR 2 DAY SALE

ASSORTED VARIETIES







MOTHERS DAY

ONE. STOP. SHOP.

Guide 20

GLOBES ASSORTED VARIETIES



Energy-efficient illumination that is a little bit romantic, a little bit whimsical, and all-around brilliant.

DIFFUSERS ASSORTED VARIETIES

Black

Stone.

Ceramic

Save

DURING OUR 2 DAY SALE

Suitable for use in bedrooms, living rooms, office spaces, or any area where you desire to cultivate a tranquil and healthful environment.



Harlequin Globe.

WATER FOUNTAINS ASSORTED VARIETIES

Invite tranquility into your home, or office with these unique accent pieces.

Elephant Water Fountain.

%

Save

DURING OUR 2 DAY SALE

Prism

Globe.

Serenity Water Fountain.

W Fo

Hand Blown Glass

MILLION BELLS BASKETS 10" P. RAVENSBERGEN & SONS

Arrrived right on time for Mothers' Day. Million Bells come in a rainbow of colours and bound to make Mom smile.

\$25.99 each



\$24.99 each

BEGONIA HANGING BASKETS 10" P. RAVENSBERGEN & SONS

Perfect to hang outside on the porch or deck.

GERBERA DAISIES PREMIUM QUALITY ONTARIO GROWN

\$8.99 each

Mom would love to receive this stunning arrangement of colourful flowers. Grown in Ontario and ready for you to take home to her.

MOTHERS DAY BOUQUETS SYLVIA'S 4TH LINE FLORALS

This beautiful arrragement is one to WOW mom on her special day.

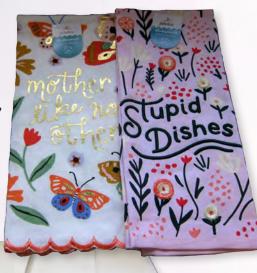


\$15.99 each

TEA TOWELS ASSORTED VARIETIES

Tea Towels of all kinds for Mom, Grandma and daughters of all kinds.





HEALTHOLOGY BUILDING A BUILDING A HEALTHIER YOU HEALTHIER YOU

All Products ON SALE 20%









HOLOGY

FOOD

D

LOGY

DRMULA

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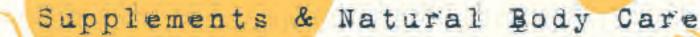
DLOG

8000

802

DODR

Formulation matters! You want your supplements to do what they say they are going to do and have a real impact on your health. Healthology products are formulated using the latest evidence, research, and clinical information available to create a product that is top of its class. Healthology products meet and exceed Health Canada GMP standards and every lot is fully tested to ensure what is on the label is exactly what is in the bottle.



Feedsmiths

BUY THIS, EARN



TRANQUIL SLEEP HELPS RELIEVE MILD INSOMNIA AND CALMS NERVOUSNESS

10 TROPICAL FRUIT FLAVOUR CHEWS

Stress-Relax Tranquil Sleep helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed and alert.

EVERYDAY PRICE







HEALTHY DIGESTIVE SYSTEM!



CANADIAN BITTERS & ACIDUX

ASSORTED VARIETIES

- Liquid plant medicine
- Optimizes nutrient absorption
- Re-trains your digestive system
- Relieves digestive discomfort
- Soothes digestive inflammation.

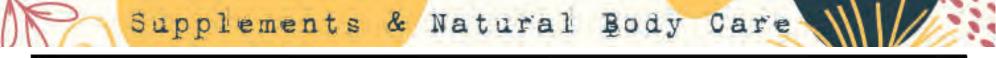
St. Francis Herb Farm works with nature to understand, nurture, and extract the healing compounds to be found in the plant world.

St. Francis herbalists are multigenerational herbal artisans who have spent 30+ years researching and cultivating knowledge and trade.



ON SALE





AERYON WELLNESS

ALL PRODUCTS ASSORTED VARIETIES

CANADA

Aeryon Wellness mission is to "Empower Women With Holistic Health."

Using the latest in scientific research we formulate and distribute the highest grade, all natural, support supplements that make a difference. Our innovative use of QR codes provides education, nutrition and strategies to assist women on their journey to sustainable health and wellness.

Aeryon Wellness prides itself on creating products that can be trusted by you, your daughters, and best friends.

We are Women Owned. We are Canadian. We are Aeryon Wellness.



DAILY LIVER HEALTH

MILK THISTLE 250MG/150MG SILYMARIN, HERBALFACTORS

250MG 120 SOFT GELS

- Protects liver health
- Supports liver detoxification reactions
- Supports digestion and gallbladder function
- Helps with recovery from liver damage
- Provides excellent support when following a cleanse or detoxification program

HerbalFactors Milk Thistle is a liver health supplement made with a synergistic combination of milk thistle extract, dandelion root, and turmeric. Milk thistle is traditionally used in herbal medicine as a liver and gallbladder protectant, and contains key actives known collectively as silymarin. Dandelion and turmeric contain antioxidants and work alongside milk thistle to support healthy liver function. This non-GMO formula is standardized to contain 150 mg of silymarin per capsule.



BOOSTS IMMUNE SYSTEM!

30 FREE CAPSULES

HerbalFactors

Milk Thistle

150 mg Silymarin

250 mg • 90 120 Capsules

PROMOTES A HEALTHY LIVER

ASTRAGALUS 500MG 100 VEG CAPS Save \$1.50

- Used in Traditional Chinese Medicine to tonify the lungs and for frequent colds
- Whole herb
- Vegetarian / Vegan

For more than 2000 years, Chinese herbalists have valued Astragalus for its adaptogenic properties, as well as for its ability to tonify the body's "vital force" known as the Qi. More recently, Astragulus has been found to support healthy immune function through numerous mechanisms. Non-clinical studies using Astragalus have demonstrated it can support the healthy production of and activity of specialized white blood cells.





ZINC PLUS COPPER

HEALTH

FIRST

50 MG 120 CAPSULES

Health First Zinc Plus Copper contains zinc citrate, a more bioavailable form of zinc compared to the zinc gluconate and zinc oxide found in other supplements. What's unique about this formula is the addition of the trace mineral, copper: zinc supplementation without copper may cause a copper deficiency, so it's important to look for a formula that combines the two!

Copper is another essential nutrient. Together with iron, it enables the body to form red blood cells. It helps to maintain healthy bones, blood vessels, nerves, and immune function, and contributes to iron absorption. Health First Zinc Plus Copper is a winning combination!

ON SALE \$7.99 save \$2

> Corn Free. Dairy Free. Gluten free. Soy free. Sugar free. Yeast free.

Made in Canada and sold exclusively by Health First Network Members to support healthy Canadian communities.





REDUCE HYPERACIDITY



MADE IN Frit Ru





TAMIN

URE LA.

SELS ALCALINS POUR RÉDUIRE L'HYPERACIDITÉ

NPN 80077511 • 180 Vegi-Caps

WWW.PURELABVITAMINS.COM

Your pH balance is the key to optimal digestive health, immune system support - and overall health in general!

Pure Lab Vitamins' Alkapure pH formula takes on the acidic impact of stress, unhealthy eating, and inactivity, helping you reclaim pH balance!

Packed with vital potassium, sodium, and magnesium, our alkaline blend replenishes minerals lost during inflammation, boosting your body's resilience naturally.

Ready to embrace wellness from within?



PURCHASE WITH CONFIDENCE all Pure Lab Vitamin products are quality assured with rigorous third-party testing.

The information and product descriptions appearing in this flyer have been supplied by product manufacturers and are for information purposes only. They are not intended to provide or replace medical advice to individuals from a qualified health care practitioner. Consult your physician if you have any health concerns, and before initiating any new diet, exercise or supplement.

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